
**Waukesha County
UW Extension
Farmers Market Fresh**

Kohlrabi Sauté

Ingredients:

Serves 4

4 medium Kohlrabies (about 1 ½ pounds without leaves, 2 pounds with leaves)
2 teaspoons olive oil
1 teaspoon minced, fresh ginger
2 tablespoons chopped shallot
1/8 teaspoon salt
1/8 teaspoon pepper



Directions:

1. Remove kohlrabi leaves if present and save for another use.
2. Peel kohlrabi globes and shred or julienne.
3. Heat olive oil in a large skillet over medium heat.
4. Toss kohlrabi with ginger and shallots, heating until tender-crisp, 3-5 minutes.
5. Sprinkle with salt and pepper.

Recipe courtesy of Produce for Better Health Foundation (PBH).